

## WHO QUALIFIES FOR MINDSET?

Anyone 18 or older who is looking to improve upon & understand their emotional regulation when it comes to anger.

Mindset is open to individuals as well as organizations that are looking for tailored a group program.

## STRUCTURE

- 8 Weekly group sessions
- Sessions are 2 hours in length
- Online & interactive group format
- Engaging take-home assignments
- One-on-one session are available

## PROGRAM COSTS

Please contact us for more information on individual costs or organization tailored condensed group sessions. **Sliding scale available based on income.**

john howard society

York Region



## CONTACT US

Email: [ASinquiries@jhsyork.ca](mailto:ASinquiries@jhsyork.ca)  
Phone: 905.895.9943 ext. 400  
[johnhoward.on.ca/yorkregion/  
@jhsyorkregion](http://johnhoward.on.ca/yorkregion/@jhsyorkregion)

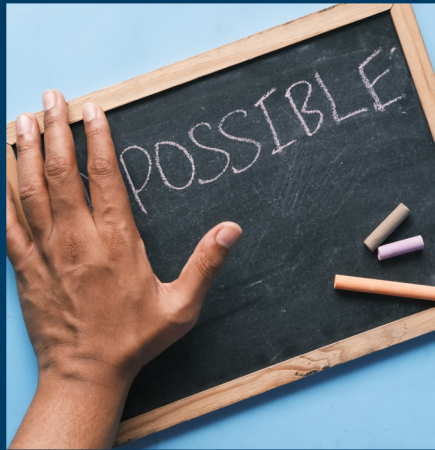


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# MINDSET

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## WHAT IS MINDSET?

Mindset utilizes techniques that are based on Cognitive Behavioural Therapy (CBT) to increase your capacity to better understand and manage your anger and emotional responses in a more constructive and positive manner.

## HOW CAN I BENEFIT?

This program can improve your self-regulation and self-management skills to help reduce the intensity, frequency and duration of your anger. This can subsequently help support the end of any patterns of aggression and lead to daily strategies for managing stress.

## TOPICS DISCUSSED

- UNPACKING 'ANGER'
- DISCOVERING YOUR ANGER STYLE
- THINKING PATTERNS & BELIEFS - HELPFUL OR HARMFUL?
- EXAMINING THOUGHTS, BELIEFS & BEHAVIOURS - WHAT HAVE BEEN SOME CONSEQUENCES?
- REFRAMING YOUR THOUGHTS AND BELIEFS
- RECOGNIZING YOUR TRIGGERS AND HOW TO DEAL WITH THEM
- HEALTHY COPING TECHNIQUES FOR DEALING WITH ANGER
- EFFECTIVE COMMUNICATION
- EFFECTIVE PROBLEM SOLVING
- PEER CONVERSATION AND FEEDBACK